

MY KETO FOODS



VEGETABLES

Lettuce
Bok Choy
Cabbage
Spinach
Kale
Swiss Chard
Asparagus
Artichokes
Broccoli
Okra
Radishes
Brussels Sprouts
Cauliflower
Garlic
Green Beans
Onions
Celery
Peppers
Pumpkin
Squash
Zucchini

CONDIMENTS

Avocado oil mayo
Mustard
Unsweetened
ketchup
Unsweetened bbq
sauce
Coconut aminos
Hot sauce
Chili paste
Balsamic vinegar
Sour cream
Guacamole
Low carb salad
dressings

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FRUITS

Berries
Avocado
Olives
Tomatoes
Cantaloupe
Plum
Watermelon
Coconuts

FATS & OILS

Olive oil
Avocado oil
Ghee
Lard
Shortening
Cocoa butter
Bacon fat
Tallow
MCT oil
Coconut oil

DAIRY & ALTs

Grass fed butter
Heavy cream
Hard cheeses
Soft cheeses
Sour cream
Cottage cheese
Plain Greek yogurt
Unsweetened nut milks

MEAT & SEAFOOD

Ground beef
Steak
Chicken
Bacon
Turkey
Breakfast sausage
Duck
Fish
Lobster
Shrimp
Crab
Salmon
Tuna
Beef jerky
Deli meats
Cured meats
Wild game
Oysters
Mackerel
Halibut

SNACKS

Egg white crisps
Seaweed chips
Cheese crisps
Almond flour
crackers
Pork rinds
Dark chocolate
covered almonds
Keto bars
Keto cereal
Keto cups

NUTS & SEEDS

Almonds
Walnuts
Pecans
Sunflower seeds
Chia seeds
Flax seeds
Pumpkin seeds
Macadamias
Peanuts

BAKING & PANTRY

Stevia
Erythritol
Swerve
Monk fruit
Xanthan gum
Almond flour
Psyllium husk
Coconut Flour
Keto baking mixes
Coffee
Tea
Sugar-free syrups
Spices
Broth
Cocoa powder
Sugar-free
chocolate chips
Coconut butter
Peanut butter
Almond butter
Macadamia nut
butter

MY KETO GROCERY LIST



WEEK OF: _____

VEGETABLES

FRUITS

MEAT & SEAFOOD

NUTS & SEEDS

CONDIMENTS

BAKING & PANTRY

DAIRY & ALTs

FATS & OILS

SNACKS

OTHERS

NOTES

BUDGET:

\$ _____

ACTUAL SPEND:

\$ _____